

# Carolina Country

February 1982

5213

White Christmas:  
A Yuletide Nightmare  
See Pages 8-9





# ANNOUNCING

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## Defusing Those Negative Campaign Tactics

By a 4-4 vote, the U.S. Supreme Court has opened the way for independent political action committees to pour unlimited funds into the campaigns of presidential candidates.

In ruling that a \$1,000 spending limit on these committees—commonly known as PACs—is an unconstitutional violation of free speech guarantees, the court may have also set the stage for a complete transformation of the nation's election campaign process.

At issue in the court case were federal election laws requiring a major party presidential candidate to forego private contributions of more than \$1,000 if he accepts full public financing for his election race.

The PACs, especially conservative groups such as Terry Dolan's National Conservative Political Action Committee, have circumvented the restriction by establishing themselves as independent organizations not controlled by the candidates they support.

Without the spending ceiling, the PACs could spend an estimated \$55

million in the 1984 presidential campaign, far exceeding the money a candidate could spend in his own behalf.

That kind of spending would undoubtedly change the character of the campaign, as the PACs' heavy-handed involvement in the 1980 elections visibly demonstrated.

The independent organizations' prowess in fund-raising and media marketing strategies wrecked havoc with a number of races, as several of them successfully "targeted" liberal House and Senate candidates for a blitz of negative ads attacking the candidates' public records and private philosophies.

The technique proved so effective that many PACs already have prepared lists of "targets" slated for similar treatment this year.

The negative campaigns have worked so well, in fact, that it is highly doubtful the PACs will abandon them entirely now that the high court has given them the option of running positive campaigns touting the virtues of their own candidates.

In addition, with the new-found capability of using either approach, the PACs may become the nation's most important "growth industry" of the 1980s.

This prospect is troublesome because the successful PACs "are not really accountable to anyone but themselves and... they are not exactly scrupulous about the evidence they use in their roundhouse swings at their targets," as political columnist David S. Broder points out.

A growing number of PACs could easily take their freedom from

accountability and negative tactics into every election, so dominating the campaign with packaged media blitzes that genuine debate by the candidates would be completely obscured.

The voters who haven't already become disillusioned with the political process might well throw up their hands in disgust amid the confusing din of attacks and denials, claims and counterclaims.

This unpleasant scenario could be avoided—or appreciably improved—if Congress would take some simple steps governing access to the media by political candidates or organizations.

One approach calls for providing a right of free reply for "targets" of the PACs' campaigns. For every PAC-sponsored negative ad, the "target" would be given equal time and space to respond—without charge.

A more far-reaching approach, which had support long before the emergence of the PACs, would be to apply a new kind of "fairness doctrine" to all political advertising, print as well as broadcasting. This, too, would guarantee every candidate a free right of reply to the ads of his or her opponents, be they PACs or other candidates.

Either of these steps could effectively defuse the PACs' negative strategies, which threaten to transform political campaigns into pointless shouting matches.

If the nation must learn to abide a PAC on almost every street corner, she can at least provide them—and the candidates involved—with equal access to the sophisticated soapboxes that have become so vital for reaching the American electorate.

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### In This Issue...

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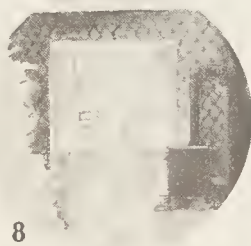
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# 18 EMCs Dig Deeper To Pay For Power

Eighteen of North Carolina's Electric Membership Corporations have begun digging deeper into their fiscal pockets to cover the cost of power.

However, they're not digging quite as deep as they had expected to, thanks to a tentative settlement with the power supplier.

Under a new rate schedule adopted by Carolina Power and Light Co. as a result of the settlement, the 18 EMCs which buy power from CP&L began paying more for that power on Jan. 12.

The impact of the higher rates varies from one EMC to another, depending on the kinds of loads served, with the hikes ranging from about 10 percent to about 12 percent.

A higher rate had been scheduled to go into effect before the agreement was worked out.

"The settlement agreement in this rate case, if it is approved by the Federal Energy Regulatory Commission, will trim about \$4.2 million off the yearly increase that was to have taken effect for the EMCs collectively," said Jim Hubbard, executive vice president of North Carolina EMC, the power supply arm of the statewide EMC organization.

He said it could be as late as early March before the FERC issues a ruling on the settlement.

He pointed out that this settlement marked the first time "in recent memory" that the EMCs had been able to settle a rate dispute with CP&L before its effective date.

The original higher CP&L rate schedule was to have gone into effect last August, but the FERC ordered a five-month delay in the effective date.

The EMCs involved—and many of their consumer-members—played a major role in winning that

delay by presenting arguments to the FERC opposing the rate hike, Hubbard pointed out.

"As a result, the agency granted the maximum delay allowed, saving the co-ops as a group about \$6 million in power costs," he said.

Meanwhile, the settlement agreement with CP&L also called for the company to make refunds of excess charges to the EMCs stemming from a rate case that went into effect on Aug. 18, 1980.

Collectively, the EMCs will receive about \$6 million in refunds, under terms of the settlement.

A FERC administrative law judge had already ruled that CP&L had failed to justify all of the 1980 hike and would have to make refunds.

Just when the refunds will change hands is uncertain, Hubbard said.

Whenever it does change hands,

he said, it'll do little to offset EMCs' financial burden because the new higher rates they're paying.

"The refunds will fall about a million short of covering the co-ops' collective increased costs in 1982 alone."

The EMCs affected are Brunswick EMC, Shallot EMC, Carteret-Craven EMC, Morehead City; Central EMC, Sanford; Forsyth County EMC, Burgaw; Fremont EMC, Marshall; Halifax EMC, Enfield; Harkers Island EMC, Haywood EMC, Waynesville; Jones-Onslow EMC, Jacksonville; Lumbee River EMC, Red Springs; Pee Dee EMC, Wadesboro; Piedmont EMC, Hillsborough; Robeson & Greene EMC, Farmville; Randolph EMC, Asheboro; South River EMC, Dunn; Tideland EMC, Pantego; Tri-County EMC, Durham; and Wake EMC, Wake Forest.


## WHAT'S BAD IN THE SUMMER AND GOOD IN THE WINTER?

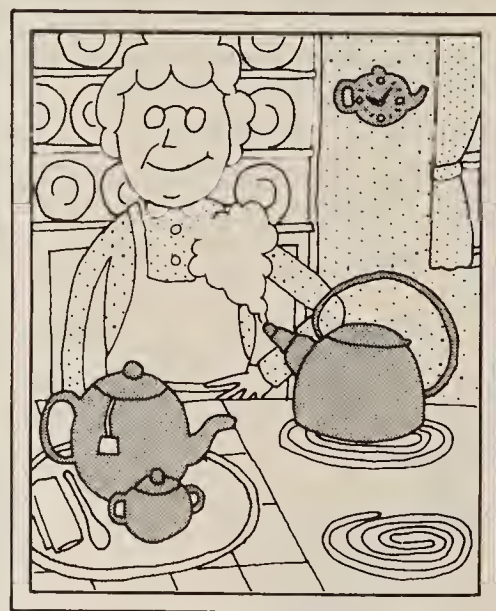
If you said humidity, you're right. The humid condition that makes you miserable in the summer can help make you comfortable in the winter.

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## Former Magazine Staffer Gets Agriculture Post

June M. Brotherton, a former *Carolina Country* staffer, has been named director of public affairs for the N.C. Department of Agriculture.

The Lincoln County native succeeded Caryle Teague, who resigned to become executive vice president of the N.C. Cooperative Council.

Ms. Brotherton was on the staff of the magazine and the N.C. Association of Electric Cooperatives in 1977-78. Since leaving that post, she has been assistant director of public services and information for the City of Charlotte.

## Host Families Sought For Exchange Program

The American Intercultural Student Exchange, an exchange program designated by the U.S. International Communication Agency, is seeking host families for high school students from various nations for the 1982-83 school year.

## Cover Features Calendar Photo

Quentin Patterson of Hillsborough, a district supervisor for the Orange Soil and Water Conservation District, snapped this wintertime scene in the Orange Grove Community of Orange County.

It is one of several of Patterson's photos that are featured in the 1982 *Conservation Calendar* published by the National Association of Conservation Districts. We're grateful to Patterson for allowing us to use the photo and to the association for releasing the color negatives for this purpose.

Copies of the calendar are available for \$2.50 each by writing to NACD, P.O. Box 858, League City, TX 77573.

The students, ages 15 through 17, will come to the U.S. from Sweden, Norway, Finland, Germany, Spain and the Philippines. They'll arrive in the U.S. in August to spend a year attending a local high school before returning home in June, 1983.

The students, all fluent in English, have been screened by their school representatives in their home countries and will have spending money and medical insurance.

Host families are allowed to deduct \$50 per month for income tax purposes, according to officials of the exchange agency.

Meanwhile, the organization is also seeking American high school students ages 15 through 17 who'd be interested in spending a year in Sweden, Norway, Finland and Germany. Five-week visits are also offered to these countries and to the Philippines.

For information on either of these programs, write or call Elizabeth Lanier, 9 Howland Road, Asheville, N.C. 28804. Phone: Home - (704)255-0357, Office - (704)253-0479.

## Burn Center Endowment Gets Pledge From EMCs

The board of directors of the North Carolina Association of Electric Cooperatives has pledged \$25,000 toward the endowment fund of the N.C. Jaycee Burn Center in Chapel Hill.

The contribution, which will be made over a five-year period beginning in 1983, brings to \$75,000 the total of support the center has received from the state organization of Electric Membership Corporations. A \$50,000 contribution was made toward the construction of the center facilities in the early 1970s.

Officials of the N.C. Medical Foundation are currently seeking funds for a \$5 million endowment of the center, which was dedicated in November, 1980.

Additional information on the

endowment is available from Emo S. Hunt, N.C. Medical Foundation Inc., 229 MacNider Building, Chapel Hill, N.C. 27614.

## Oops!

An item on these pages last month announced the availability of the 1981 Yearbook of Agriculture, published by the U.S. Department of Agriculture.

A paragraph explaining how to order the book was inadvertently dropped when the magazine went to press.

The \$7 handbook, titled *Will There Be Enough Food*, focuses on various problems affecting the way farmers feed the nation and the world.

The book discusses loss of prime farmland, whether agricultural productivity is leveling off, soil erosion, diversion of agricultural resources from food production to meet energy requirements, water and soil pollution and food shortages in the world.

It may be ordered from the Superintendent of Documents, Washington, D.C. 20402.

## Keller Tapped For N.C. EMC Board Seat

The manager of Blue Ridge Electric Membership Corporation, Lenoir, has been appointed as the co-op's representative on the 27-member board of directors of North Carolina EMC, the power supply arm of the EMCs' statewide organization.

Wayne Keller was appointed to the director's post after Thomas Cockerham of Jefferson, president of the board of directors at Blue Ridge, resigned. Cockerham was recently appointed to a national committee that's evaluating the National Rural Utilities Cooperative Finance Corporation, a lending institution serving co-ops across the country.

Keller also serves as Blue Ridge's representative on the board of directors of the 56-member N.C. Association of Electric Cooperatives.



## Visiting Artist Applicants Now Being Sought

The N.C. Arts Council is now recruiting artists for residencies in communities around the state as part of the Visiting Artist Program.

The Visiting Artist Program, which the Arts Council co-sponsors with the Department of Community Colleges, places artists at technical and community colleges to serve county-wide residencies. Visiting artists are not formal teachers but work with various groups within the county in workshops, lectures/demonstrations, exhibitions, in school activities, readings, concerts and productions.

The applications deadline is March 1.

Once accepted by the program, artists are chosen by the individual schools and may participate for up to four years. Application is encouraged in all art forms.

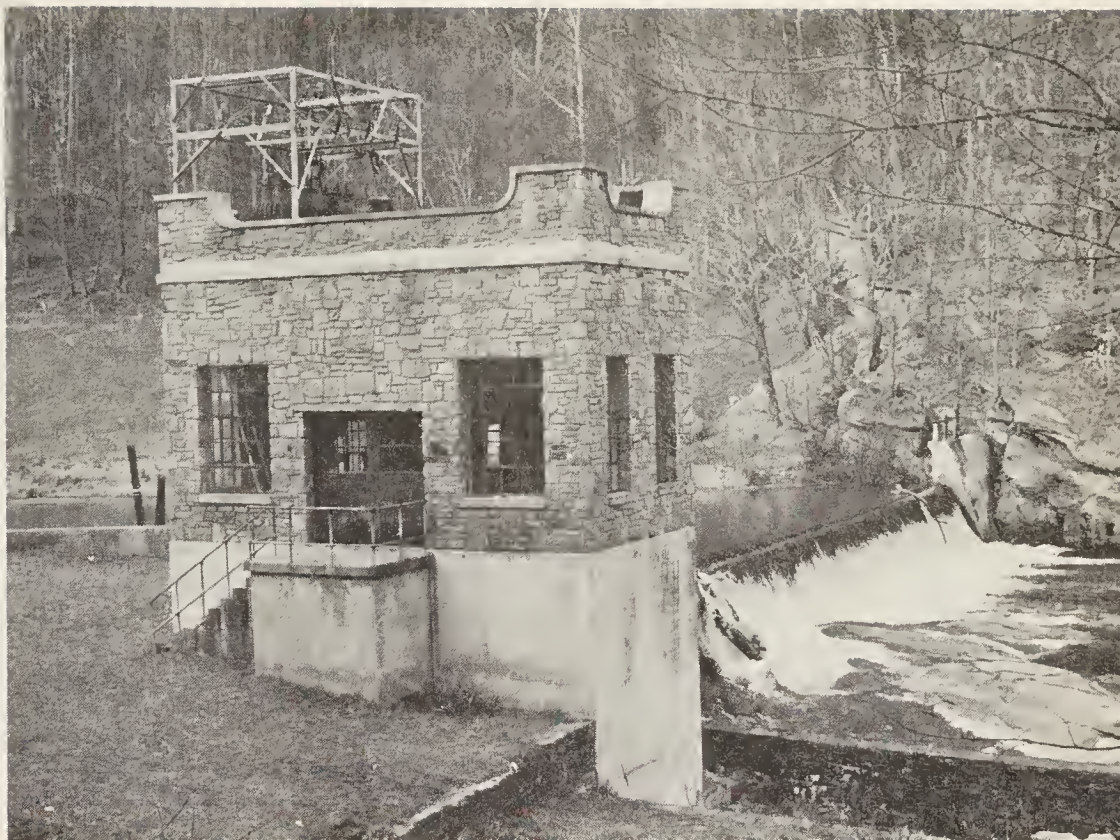
Because the intent of the program is to provide communities with a visiting artistic resource, artists must be willing to relocate to any part of the state. Positions in the program are full-time.

Salaries for visiting artist residencies generally range from \$11,600 to \$16,000 for the nine-to-twelve month period. The minimum requirement for participation in the Visiting Artist program is a master's degree or equivalent training and experience in the applicant's art form. Applications are reviewed by arts professionals in the appropriate discipline; an audition may be required. Artists who pass the initial screening may then be interviewed and selected by participating institutions.

Of the 58 technical and community colleges in the state, 50 currently participate in the program.

The Arts Council is also looking for applicants for the Artists-in-Schools program, which places artists in residencies, usually for a semester, in elementary and secondary schools.

For more information and application forms for either program, artists are asked to contact the Artists-in-Residence Coordinator, N.C. Arts Council, Department of Cultural Resources, Raleigh, 27611; telephone (919) 733-2821.



## EMC To Reactivate Abandoned Ashe County Hydro Facility

An engineering study of an abandoned hydroelectric plant in Ashe County shows that it can be economically reactivated to provide up to one million kilowatt hours of electricity a year for Blue Ridge Electric Membership Corporation, Lenoir.

The plant is the Sharps Falls facility on the North Fork of the New River between the communities of Creston and Clifton.

The study looks "extremely favorable" for Blue Ridge EMC to return the plant to operation for the first time in more than a decade, said Grant (Bud) Ayers, the EMC's manager of operations.

Extensive repairs must be made to the plant's stone masonry and to its water turbine and generator in order to reactivate it, he said.

The improvements could cost as much as \$250,000.

If federal licensing clearances and financing can be obtained, the repair work could begin this spring, Ayers said.

The Sharps Falls facility was built by local contractors for Northwest Carolina Utilities in 1930. It was acquired by Blue Ridge in 1941 and put on line in 1942.

The plant was shut down in 1970 after it became uneconomical to operate because of the availability of less costly wholesale power from Duke Power Co.

The plant produced an average of one million kilowatt hours per year between 1948 and 1969, with a peak production of 1,252,000 kilowatt hours in 1949.

Ayers pointed out that the EMC paid Duke \$33,350 for one million kilowatt hours of energy in December.



# White Christmas:

Irving Berlin described a "White Christmas" as a delightful experience well worth dreaming about, but thousands of families across Western North Carolina will remember the white Christmas of 1981 as something of a Yuletide nightmare.

The severe Christmas Eve storm that covered the region in snow also piled heavy loads of the wet stuff on power lines throughout the area, forcing an estimated 20,000 families to celebrate Christmas without the benefits of electricity.

Even Bing Crosby's familiar version of the Berlin tune would have been small solace to the family who had to toss out their uncooked turkey and eat cold sandwiches for their holiday repast—assuming they could have picked him up on a battery-operated radio.

Consumers of various Electric Membership Corporations and other power suppliers saw their electric service interrupted for extended periods over the Christmas weekend. The damage was so widespread that some families didn't have service restored until late Sunday or early Monday.

All the while, employees of the EMCs were hard at it battling the elements to make repairs, having indefinitely postponed their own Yuletide celebrations.

Meanwhile many office workers volunteered to help the repair crews while others staffed telephones around the clock.

Blue Ridge EMC, Lenoir, which was especially hard-hit, had all its own crews out in full force, with crews from neighboring EMCs providing

welcome assistance.

"We didn't get to open a packages, I'll tell you that," said B. Bumgarner, manager of the EMC.

”

**It's times like these  
when our employees  
really come to the  
forefront.**

“

## Christmas Without Electricity



**With no heated oven for roasting a holiday turkey,  
how would that bare table ever be covered with a  
Yuletide feast?**

*Like many families throughout Western North Carolina, the family of Mrs. Idalee Vonk of Scaly Mountain in Haywood County awoke to Christmas morning with no electric service as a result of a heavy snow storm.*

*The Vonks, who are members of Haywood Electric Membership Corporation, Waynesville, coped quite well with the crisis, as Mrs. Vonk writes in this account.*

*Mrs. Vonk is a retired college instructor who has written for religious and inspirational publications for a number of years.*

**C**hristmas morning and no electricity! That meant no lighted Christmas tree. No recorded Christmas carols filling the house with soft refrains of *Joy to the World*, *Silent Night*, *Deck the Halls*.

But more than that, no electricity on Christmas morning meant no heated oven in which to roast our turkey for Christmas dinner!

Since the electricity failed us before 7 a.m. Christmas morning, lack of power also could have meant no hot coffee as we gathered around the Christmas tree shortly after that hour to enjoy our traditional Christmas Day breakfast of Fruited



# uletide Nightmare

Watauga District office at Boone. "We started working about 5 a.m. Christmas morning and worked through to about 10 p.m. Sunday night."

Spencer Carter, the co-op's director of member and public relations, described the crisis as being "pretty hectic" for everyone involved.

"Some men worked without rest for more than 30 hours at a stretch. We have a policy that when a man gets so tired that his judgment might be impaired, then we required him to rest for safety reasons. But, there were some who worked that long or longer."

Once the damage was repaired, the weary linemen returned home to recover and try to piece together their own Christmas celebrations.

The calm lasted less than a week. On New Year's Eve, Mother Nature

delivered another stunning blow to the region in the form of a heavy ice storm, which knocked out power to about 3,000 homes in Blue Ridge's Caldwell District and hundreds of homes in the area served by Rutherford EMC, Forest City.

Once again, the repair crews trudged out to restore service.

This time, the home forces were augmented by crews from EMCs across the Piedmont.

Several days later, Mother Nature came calling on North Carolina again, with heavy ice and snow storms that paralyzed the state's central section. She mercifully spared the co-ops in the Western area this time around.

The price tag for repairing damage from the series of storms is expected to top \$300,000.

Bumgarner said the repair crews and

other employees involved in making repairs during these crises gave "a tremendous effort," especially when they were forced to set aside holiday plans in order to restore service.

"It's times like these when our employees really come to the forefront. I'm really amazed how they can perform under these conditions."

Leihnachts Stollen while we opened and awed over our gifts. But thanks to the airtight wood burning stove—with no oven—we have in the kitchen, we had a plentiful supply of hot water and we enjoyed our additional Christmas breakfast in the usual way.

However, as the hours ticked away and we still had a cold, useless oven, we began to conjecture how late our planned two o'clock Christmas dinner would be served. Four o'clock? Six o'clock? Maybe eight?

Then our son, an ingenious young man of action, decided that all need not be lost simply because the power failed us on Christmas morning: we had the means right in our kitchen for an improvised top-of-the-stove oven.

First, Paul centered a cast iron skillet on the lower level of our medium-sized stove. On that, he balanced a large rectangular cake cooling rack. On the rack, he placed the oven broiling pan containing the turkey, securely sealed in an aluminum tent. He placed an inverted jelly roll pan atop the tent. With a large piece of heavy aluminum foil, he covered the entire arrangement, extending the foil over the upper level of the stove about six inches and keeping it in place by means of the teakettle.

He sealed the sides by placing a poker on the aluminum foil on the lower level. Then he inserted a deep fat thermometer through the foil and into the roasting pan which assisted us in controlling the fire in the stove at 350 degrees.



**The old adage  
"necessity is the  
mother of invention"  
certainly applies to our  
Christmas morning  
experience.**



Within twenty minutes, we could hear the pleasant sizzling that signals that the roasting process has begun. Within forty minutes the tantalizing aroma of roasting turkey began to permeate the house. By the time the electricity was restored the turkey was nearly done, so there was no

reason to transfer it to the oven of our electric range.

The turkey roasted in record time, browned so beautifully and evenly I did not have to place it uncovered under the broiler the last fifteen minutes as I have usually done with the usual roasting method. And for unaccountable reason—at least to me—the drippings were more plentiful and richer than usual, resulting in an exceptionally tasty gravy.

We ate our Christmas dinner at two o'clock as planned, and the turkey was moist, tender, and truly one of the best we've ever enjoyed.

The old adage "Necessity is the mother of invention" certainly applies to our Christmas morning experience. But best of all, instead of a delayed Christmas dinner and frustrated appetites, we enjoyed the best holiday meal ever and saved three and a half hours electricity to boot!

Need I add that from now on every holiday turkey will be roasted by our new, greatly improved top-of-our-wood-burning stove method? After all, this is one easy way to conserve electricity during a crucial period when abnormally heavy demands are made on all power systems.

—Idalee Vonk



## To Avoid Injuries

# Use Electric Heaters With Caution

Portable electric heaters are popular devices for supplementing a home's primary heating system in cold weather, but improper use of the heaters often leads to unnecessary injuries.

Electrical safety experts say homeowners can avoid such injuries by using a few simple precautions and a regular safety plan.

The most common type of portable electric heater is the fan-forced radiant heater, which is

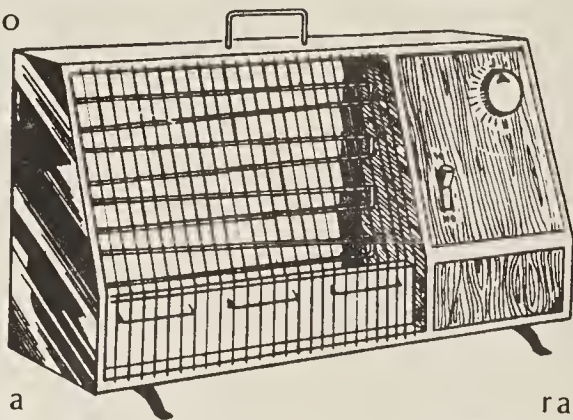
available in various sizes, shapes and capacities. Most feature a circulating fan, an automatic thermostat, automatic shut-off if the unit tips over or if

excessive heat builds up, high temperature cord and plug and a carrying handle.

The most common range of capacity for the 110-120 volt

rated portable electric heater is about

500 to 1,500 watts. As for a 208-240 volt rated electric heater, a 2,000 - 5,000 watt rating is the usual range.



If you're shopping for one of these heaters, be sure that the one you buy is certified as meeting the standards of a nationally recognized safety testing laboratory.

After buying one of these units, read the manufacturer's instructions carefully to learn the proper operating procedures and safety features.

The potential for accidental electrocution with these heaters is particularly great when they're used near water. As a result, special care should be taken when an electric heater is to warm a bathroom.

Extra precautions should also be taken when children are near these heaters. Warn them against poking their fingers or other objects through the protective grill—for even the slightest contact with the coil can start a fire or cause a severe burn or electrical shock.

When using an extension cord with an electric heater, make certain that the extension cord is suitably rated for the electric heater. See that the rating marked on the cord is equal to or greater than the rating marked on the heater.

If the cord is not marked with a wattage rating, the maximum wattage for which the cord is suitable can be determined by multiplying the marked cord ampere by 125.

It is always wise to check the cord frequently for excessive heat build-up which increases the fire hazard potential.

Although electric heaters on the market today include many safety features, UL safety engineers stress that in order to prevent fires, it is essential to keep heaters away from furniture, draperies and clothing.

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## Please Your Guests With Simple But Hearty Meals

A wise man once observed that "pleasures afford more delight when shared with others," a sentiment echoed by anyone who has learned truly to enjoy serving good food to friends.

To maximize the joy of sharing a dinner with guests, keep the meal simple but hearty, and you'll have energy to spare or luxuriating in fine food and congenial company.

Casseroles, one-dish entrées that reduce preparation, serving and clean-up time, have long been the choice of clever cooks who love to entertain.

And when casseroles are planned around a quick, rich-tasting Brown Sauce Base, they are that much easier. This sauce base, a thickened beef broth distinctively seasoned with hot pepper sauce, can be a principal ingredient for party favorites such as beef bourguignonne and coq au vin. But its appeal and versatility also stretch across the continent to Central European cuisine, to the steaming pots of meaty mixtures redolent of herbs and spices for which the region is famous.

Beef Goulash, the national dish of Hungary, makes a superb buffet or sit-down dinner fare. Made with the Brown Sauce Base, it can be prepared well ahead of party time, leaving the cook with just a few last minute details: tossing a green salad, slicing a crusty loaf of bread, and cooking the traditional noodles—spaetzles—to serve the goulash over.

Goulash was originally a shepherd's stew ladled from a large pot over an open campfire, so allow your guests to serve themselves—perhaps right in the kitchen! The renowned chef James Beard says he frequently entertains in this casual manner. "If you cook in handsome decorative pots and pans, the food can be served right from the stove," he says.

If a more patrician dish is to your liking, consider Chicken Paprikash. Reputedly, it was a favorite of Franz Joseph, the ruler of the old Austro-Hungarian Empire. Chicken was a costly delicacy in those days, one reserved to the rich and well born. Today, however, this chicken dish, zesty with the paprika from which it gets its name, is a relatively economical way to entertain royally.

## CAROLINA HOMEMAKER

### BEEF GOULASH

- |   |                                |
|---|--------------------------------|
| 2 recipes Brown Sauce Base*                             | 4 teaspoons paprika            |
| ¼ cup butter or margarine                               | ½ teaspoon salt                |
| 4 cups sliced onions                                    | ½ teaspoon dried leaf marjoram |
| 2 cloves garlic, minced                                 | 1 bay leaf                     |
| 3 pounds boned round or chuck, cut in 1-inch cubes      |                                |
| 1 can (8 ounces) whole tomatoes, drained, cut in pieces |                                |

Make Brown Sauce Base\*. In large sauce pot or Dutch oven melt butter; add onions and garlic and cook until lightly browned. Add beef, brown on all sides. Stir in tomatoes, Brown Sauce Base\*, paprika, salt, marjoram and bay leaf. Cover, simmer 1½ to 2 hours, stirring occasionally, until meat is tender. Serve over noodles, spaetzle, mashed potatoes or rice. If desired, serve with additional Tabasco sauce.

YIELD: 6 to 8 servings.

### CHICKEN PAPRIKASH

- |                             |  |
|-----------------------------|--|
| 2 recipes Brown Sauce Base* | 1 cup chopped onion                            |
| 1 large tomato, chopped     | 1 cup sliced green pepper                      |
| 1 ½ teaspoons paprika       | 2 chickens (about 3 pounds each) cut in pieces |
| ½ teaspoon salt             | 2/3 cup sour cream                             |
| 3 strips bacon              |  |

Make Brown Sauce Base\*. Add tomato, paprika and salt. In large skillet, cook bacon until crisp; remove, crumble, add to brown sauce. Sauté onion and green pepper in bacon fat until lightly browned; add to brown sauce. In same skillet, brown chicken pieces on both sides. Add brown sauce to skillet. Cover. Reduce heat, simmer 35 to 45 minutes until chicken is tender. With slotted spoon, remove chicken and vegetables to a heated serving platter. Simmer sauce uncovered, stirring occasionally, about 15 minutes until sauce thickens slightly. Stir in sour cream; heat 2 to 3 minutes, do not boil. Serve over chicken. If desired, serve with additional Tabasco sauce.

YIELD: 6 to 8 servings.

### Brown Sauce Base\*

- |   |
|---|
| 2 tablespoons butter  |
| 2 tablespoons flour   |
| 1 cup canned beef broth or 1 beef bullion cube dissolved in 1 cup water |
| ¼ teaspoon Tabasco pepper sauce   |

Melt butter in saucepan and cook until golden brown. Blend in flour and cook over low heat, stirring constantly, until dark brown. Stir in broth and add Tabasco. Cook, stirring constantly, until sauce thickens and comes to a boil. If desired, serve with additional Tabasco sauce.

YIELD: About 1 cup.



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## COUNTRY KITCHEN



### COUNTRY KITCHEN

Looking for a new, and extra special way to serve beef? This flavorful recipe is just what it says—simple, but elegant at the same time. Heavier dishes such as this are especially tasty during the winter months, and with all the cold weather that's been coming our way, this recipe should be a hit with your family, or with Saturday night dinner guests before a basketball game.

### COUNTRY KITCHEN

Submitted by Stella Trexler of Kannapolis

#### Simply Elegant Steak and Rice

1½ lb. tenderized boneless beef  
round steak  
1½ Tbl. vegetable oil  
2 large onions, cut into ½" slices  
and separated into rings  
½ C. dry sherry

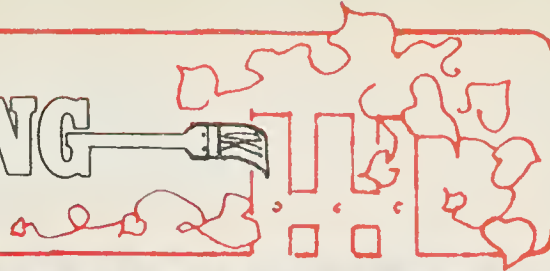
1 4-oz. can sliced mushrooms  
(drained, reserve liquid)  
1 can cream of mushroom soup  
1½ tsp. garlic salt  
3 C. hot, cooked rice

Cut steak into thin strips. In a large skillet, brown meat in oil, using high heat. Add onions, and saute until tender and crisp. Blend soup, sherry, liquid from mushrooms and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover and simmer for 45 minutes or until steak is tender (or cover and bake in oven at 350°). Serve over beds of fluffy rice. Makes six servings.

If you would like to share a recipe with this column, send it to: CAROLINA COUNTRY, P.O. Box 27306, Raleigh, NC 27611. We pay \$5. for published recipes and present each monthly winner a set of 50 recipe cards with the winning recipe printed on them.



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Moore County youngsters cluster around a washing demonstration during a crafts fair hosted by the Malcolm Blue Junior Historians, Aberdeen.

## Taking Pride In A World They Never Knew

David sat quietly while the little old lady spoke of the town of her youth, as the young student's tape recorder captured her tales of a world he never knew.

David is one of almost 5,000 Tar Heel Junior Historians in North Carolina—elementary, junior high and high school students across the state who are active in local history projects benefiting preservation in their communities—and themselves.

David interviewed one of the older citizens in his town for an oral history project. The seventh and eighth grade students in his club questioned local

seniors on their earlier years and published a book with valuable spotlights on the past—those details “not found in libraries or history books.”

During the 1980-81 school year, the Tar Heel Junior Historian Association had 110 clubs in 56 North Carolina counties. It is one of only a few such groups in operation in the nation.

Three times each school year, club members receive—without charge—the association's history journal *Tar Heel Junior Historian*. No fees are required to be part of the junior history program.

The 27-year-old program operated under the auspices of the N.C. Museum of History, an agency of the Department of Cultural Resources and co-sponsored by the Department of Public Instruction.

It offers the state's young historians a sense of pride in their local history and the preservation of oral and community history. And, it offers them community services not performed anywhere else.

“With the recent and expected increase in grants and funds for preservation, the Junior Historian Association becomes more and more valuable



LEFT—Tyrone Roberts of the Moratoc Marconians of Williamston's E.J. Hayes School won a first prize for his model of a house raising. The award was presented during Junior Historians Awards Days in Raleigh last May. BELOW—Archaeologist Jim Pleasants give students a lesson in underwater archaeology at Awards Days workshop.





reservation efforts," said Tom Belton, executive secretary of the program.

The youngsters are responsible for some extremely valuable services, he explained. For instance, in Raleigh, Martin Junior High junior historians collected funds toward the restoration of the historic Pullen Park carousel, now expected to be completed this spring. The students even joined in the paint-stripping of the carousel's historic and priceless animals.

When the city proposed a four-lane highway through it, the Martin club began a drive to save Raleigh's turn-of-the-century Blount Street neighborhood adjoining the Governor's Mansion. The new historic district is alive and flourishing.

In some counties the junior historians have provided the manpower to help restore buildings, clean and preserve cemeteries, and produce historical pageants in which costumed junior historians demonstrate for younger students such early crafts as soap- and candle-making.

Junior historians often assist local

historical societies with special activities, projects and celebrations.

Perquimans County junior historians have preserved memories of yesteryear in a prize-winning booklet *Yeopim Moon—Memories of Perquimans' Past*.

Ghost stories and legends abound in Bear Grass's Skewarkians' prize-winning booklet *Weird Tales of Martin County*.

"In preparing these oral history projects, the young people learn appreciation for history, pride in their own local heritage and improve their composition skills as well," Belton said.

All these activities are in addition to the junior historians' art and literary projects developed at school. After researching a topic the young historians, either individually or in groups, write an essay on the subject. Others research objects such as an old mill, church or even a lighthouse—and build models.

Still others write, direct and produce films or audio-visual presentations.

A highlight of the junior historian

year is the annual awards days in Raleigh each spring. During May the young people wind up their projects and take them to Raleigh for the contest and two days of workshops, fun and entertainment. The climax is the presentation of awards in several categories—additional recognition for their year's activity.

"Some (students) have developed an intense interest in local history," Belton observed. "I hope it'll carry on. After all, today's junior historians are tomorrow's professors, public historians, museum people and archivists."

\*\*\*\*\*

Teachers interested in beginning a Tar Heel Junior Historian chapter in their schools may borrow a slide program on the junior historian program to acquaint students with the Association and its activities. Contact Tom Belton, N.C. Museum of History, Department of Cultural Resources, 109 E. Jones St., Raleigh, 27611.

\*\*\*\*\*



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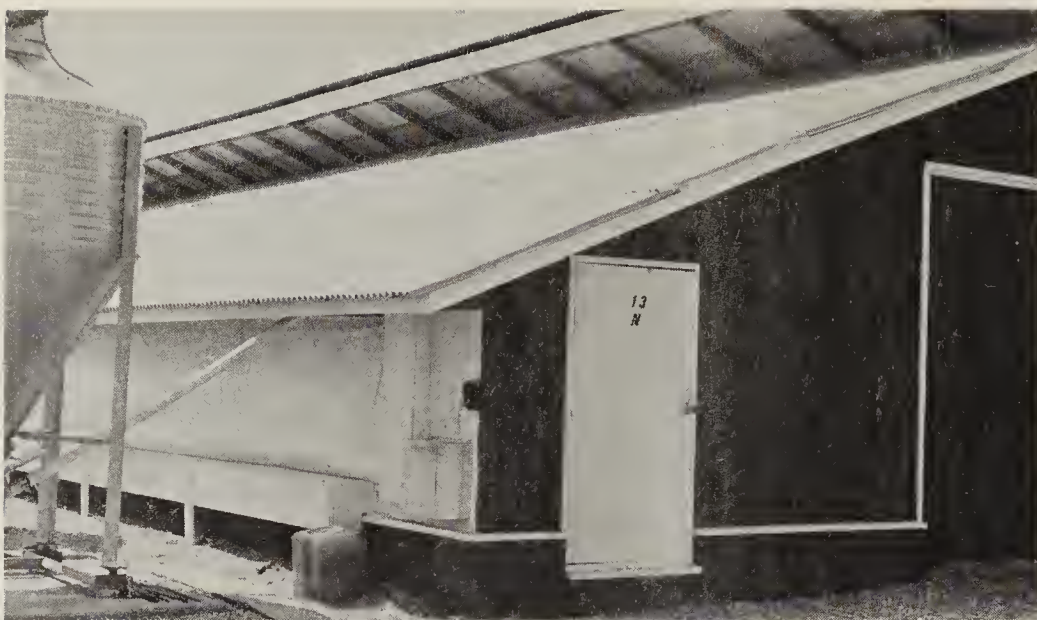
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## New Poultry House Design Can Reduce Energy Costs

Two agricultural engineers at North Carolina State University have designed, built and tested a new poultry house that could cut energy costs by millions of dollars.

"We call it the 'flex house' because of its flexibility," said one of the engineers, Dr. Michael B. Timmons. He and Dr. Gerald R. Baughman built their experimental house on a NCSU research farm south of Raleigh.

They are both on the staff of the N.C. Agricultural Research Service. Their work has received additional support from the N.C. Energy Institute, the poultry industry, and several business firms.



**What we've done . . . is combine the advantages of naturally ventilated and enclosed housing without the disadvantages**



In one year of tests, Timmons and Baughman found that their "flex" house would save slightly more than one cent on each pound of poultry produced. Because of the vast size of the N.C. poultry industry, the total potential savings could amount to \$21 million annually.

Baughman explained that most North Carolina poultry—broilers, turkeys and eggs—is currently produced in one of two basic types of housing. Naturally ventilated housing is economical, gives good results in spring and fall, but causes production

to fall during the heat of summer and cold of winter. Enclosed housing is more expensive to build and operate, but avoids the weather related stresses of summer and winter.

"What we've done with 'flex' house is to combine the advantages of naturally ventilated and enclosed housing without the disadvantages," Baughman explained.

A key feature of "flex" house is an insulated, flexible side wall curtain which Timmons and Baughman have developed. It is made of layers of aluminized fabric separated by bubble plastic. Already several companies have expressed an interest in manufacturing such a curtain.

Another feature of "flex" house is a four-foot wide continuous ridge ventilator, which can be opened or closed by pulleys. The house permits controllable light levels and allows for high velocity air intake during peak heat stress periods.

"The basic purpose of 'flex' house," Timmons explained, "is to take maximum advantage of our mild springs and falls. But when weather conditions become stressful, we can open or close the ventilator, raise or lower the curtain, start or stop the fans, and have the protection of an enclosed house."

The two engineers estimate that "flex house" costs about 50 cents more than the \$3 per square foot cost of the average poultry house. This investment can be recovered in a little more than a year because of lower energy costs and better poultry performance.

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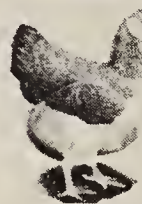
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# COMMENTARY

## Wood Fires: Dirty and Dangerous

Firewood, according to one calculation, is now producing much more heat for Americans than all the nuclear reactors put together. That's an arresting thought, but it deserves examination.



There has been a sharp trend to the use of wood stoves in the past few years. The atavistic appeal of that crackling fire is powerful. But the comparison with nuclear energy seems to imply that it's possible to dispense with the reactors altogether by turning back to man's earliest fuel.

The federal Consumer Product Safety Commission keeps a count of serious injuries reported by hospital emergency rooms. In 1974 the commission estimated about 40 injuries from fires started by wood stoves or open fireplaces. Five years later the figure was about 400. Those numbers do not count burns to people falling on stoves, or cases of carbon monoxide poisoning.

The National Fire Protection Association in 1980 counted 26 fires started by wood stoves, fireplaces or chimneys, in each of which three or more persons died. Can you imagine

the state of the nuclear industry if there had been 26 reactor accidents in which three or more persons had died?

As we have observed before, nuclear power has a very thin future in this country, and in most others, for reasons that are essentially economic. But perhaps it's necessary to repeat that no method of staying warm in winter is entirely safe. Nuclear energy brings with it a well-known catalog of risks. It remains curious that people who are deeply frightened by those hypothetical risks are prepared to shrug off the reports on fatal fires. There's one standard for the familiar and simple; there's another for the unfamiliar and esoteric.

Even the safest and best-managed of reactors produces radioactive wastes,

and the country can't make up its mind how to dispose of them. A wood fire is simpler; a lot of the waste simply vanishes into the atmosphere in the form of air pollution. One of the pollutants is carbon dioxide, which, if it accumulates, may eventually begin to change the climate of the planet. Carbon dioxide overloading may ultimately prove to be the compelling reason to work with energy technologies, including nuclear technologies, that do not require combustion.

Or perhaps this country will eventually decide to do without nuclear power altogether. But it would be foolish to think that a wood stove is better than a reactor because it is safer and cleaner. It is neither.

—The Washington Post

## Noble Experiment Coming To Ignoble End

What was intended as a noble experiment is coming to a somewhat ignoble ending. What was advertised as the world's largest windmill today sits atop Howard's Knob, towering above the town of Boone, waiting to be sold and dismantled.

The final straw for the novel project—troubled by finicky winds that either blew too weakly or too strongly and by protests over noise and TV interference—came when two bolts in the drive shaft broke. The bill to repair the damage was estimated at \$500,000.

That was more than the project sponsor, the National Aeronautics and Space Administration, and the Blue Ridge Electric Membership Corp., which operated it, wanted to put into the ill-fated mill. The mill already had cost around \$6 million; approximately \$30 million had been poured into the project in all. Federal funds are drying up and the giant arms of the mill are too costly to turn under the circumstances.

The longest operating stretch for the machine was eight consecutive hours. At its peak, it was supposed to have generated 2,000 kilowatts of electricity, enough to feed 500 houses. But the windmill never was able to do that on anything resembling a sustained basis. NASA since has erected three other larger units in the State of Washington. Citizens should support research to tap wind as an energy resource, just as they should applaud the courage to close down a project such as the one at Howard's Knob in the face of failure.

We can't criticize either NASA or the Blue Ridge co-op for trying in Watauga County, however. If there is a place in the world where we would have bet a windmill would work, it would have been atop Howard's Knob overlooking the town of Boone. The wind blows there all the time. Unfortunately for NASA it was an ill-wind.

—Greensboro Record

“No method of staying warm in winter is entirely safe.”





## ENERGY SCENE

# Adjust Your Furnace Thermostat For Cost-Effective Energy Conservation

Many furnace technicians put the adjustment of the bonnet or plenum thermostat on oil and gas-fired heaters at the top of their list of cost-effective energy-saving measures. This thermostat turns off the fan that forces warm air up through the duct system into the house. On most heaters, the thermostat is set at 120 degrees or higher, resulting in a loss of furnace efficiency. It can be reset to just five degrees above room temperature for a savings of \$9 a year.

If you are unsure about the location of your bonnet thermostat, or how to adjust it, ask your furnace service person during the annual maintenance check.

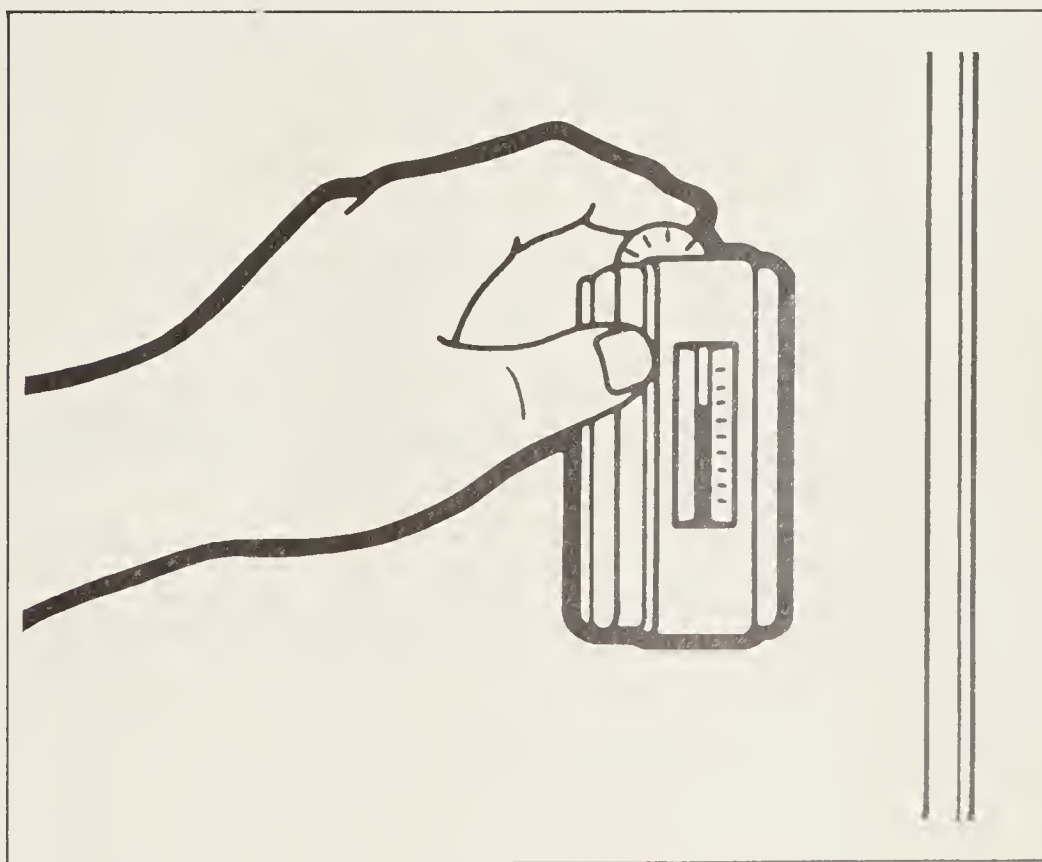
Proper furnace maintenance, by the way, is another great way to save money. Oil furnaces, especially, can waste a lot of costly fuel if they are not kept clean and in tune. Because of excess soot and/or maladjusted burners, furnace efficiency can drop from 85 percent to below 60 percent, increasing fuel bills by more than one quarter. A furnace technician can do a series of simple stack and burner tests to tell you just what your furnace's efficiency is and advise you on how to improve that efficiency.

One part of the maintenance work you can do yourself. Clean filters are important to both furnaces and to air-conditioners. Clean or change them regularly.

The best furnace energy-saving adjustment is still at the thermostat. Every degree that the house is artificially held above or below outdoor temperatures adds to the fuel bill. A 10-degree night setback is a great way to achieve a 10 to 25 percent savings on heating bills while you sleep. (If you have a heat pump, the savings will be from 5 to 15 percent.) The no-cost way to get the setback savings is to manually turn down the thermostat at night and then turn it up again in the morning. There are also various thermostats on the market that do

the job automatically.

**Caution:** Some older people may require higher indoor temperatures—above 65 degrees F at all times—to avoid accidental hypothermia, a possibly fatal drop in body temperature. People with circulatory problems or those taking certain types of drugs (e.g., phenothiazines, commonly used to treat anxiety and nausea) may also be vulnerable. In such instances, follow a physician's counsel on both winter and summer thermostat settings in your home.





# EMC ANNUAL MEETINGS CALENDAR...



Date	Electric Membership Corporation	Time	Location
March 20	Edgecombe-Martin County, Tarboro	Registration: 12:30 p.m. Business Meeting: 2 p.m.	Edgecombe Technical College
25	South River, Dunn	Registration: 6:30 p.m. Business Meeting: 8 p.m.	Cumberland Memorial Auditorium, Fayetteville
26	Jones-Onslow, Jacksonville	Registration: 6 p.m. Business Meeting: 7 p.m.	Jacksonville Senior High School
	Wake, Wake Forest	Registration: 6 p.m. Business Meeting: 7:15 p.m.	Wake Forest-Rolesville High School

## The Good Cook's Best Friend *Carolina Country Cooking*

Features about 100 mouth-watering recipes arranged in thumb-indexed sections. It's bound in a sturdy plastic notebook binder with room to insert other favorite recipes you want to save. The cover has a full color reproduction of "Ella's Cupboard," an original painting by Lexington artist Bob Timberlake.

Please send \_\_\_\_\_ copies of *Carolina Country Cooking* at \$5.95 each (handling and tax included). Enclosed is my check or money order for \$ \_\_\_\_\_. Make all checks or money orders payable to: *Carolina Country Cooking* and send, with this order form to: CAROLINA COUNTRY COOKING, P.O. BOX 27306, Raleigh, NC 27611.

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can beat the  
train.  
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# Lady Plugs In Zoysia Grass Saves Time, Work & Money

## FREE! UP TO 1000 PLUGS!

By Jack T. Johnson  
Agronomist

Every year I watch people pour time and money into lawns that fail them just when they want their lawns the most.

I see them reseed, feed, water, weed and mow, mow, mow! When it turns to hay in mid-summer, I feel like calling out, "For Heaven's sake, when are you going to stop throwing money away and switch to Amazoy Zoysia Grass?"

In comparison, I'm always happy to get letters from people who have plugged in my Amazoy Zoysia Grass, because they write to tell me how beautiful their lawns are even in midsummer heat and drought.

### "MOWED IT 2 TIMES," WRITES WOMAN

For example, Mrs. M. R. Mitter writes me how her lawn "...is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in... Last summer, we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!"

Wonderful? Yes, Amazoy Zoysia Grass IS wonderful! Plant it now and like Mrs. Mitter you'll be mowing by 1/2... never have another weed problem all summer long the rest of your life! And from Iowa came word that the State's largest Men's Garden Club picked a Zoysia lawn the "top lawn—nearly perfect" in its area. Yet this lawn had been watered only once all summer to August!

### PERFECT FOR SLOPES

If slopes are a problem, plug in Amazoy and it stops erosion. Or plug it into hard-to-cover spots, playworn areas, etc.

### CUTS YOUR WORK, SAVES YOU MONEY

Your deep-rooted, established Amazoy lawn saves you time and money in many ways. It never needs replacement... ends re-seeding forever. Fertilizing and watering (water costs money, too) are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by 1/2.

### WEAR RESISTANT

When America's largest University tested 13 leading grasses for wear resistance, such as foot scuffing, the Zoysia (matrella and japonica Meyer Z-52) led all others.

Your Amazoy lawn takes such wear as cookouts, lawn parties, lawn furniture, etc. Grows so thick you could play football on it and not get your feet muddy. Even if children play on it, they won't hurt it—or themselves.

### CHOKES OUT CRABGRASS

Thick, rich, luxurious, established Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long. It will NOT winter kill. Goes off its green color after killing frosts. Begins regaining its green color at the time when the temperature in the spring is consistently warm. This, of course, varies with climate.

### NO NEED TO RIP OUT PRESENT GRASS

Now's the time to order your Amazoy Zoysia plugs—to get started on a lawn that will choke out crabgrass and weeds all summer long and year after year.

Plug it into an entire lawn or limited "problem areas." Plug it into poor soil, "builder's soil," clay or sandy soils—even salty, beach areas, and I guarantee it to grow!

### Your Own Supply of Plug Transplants

Your established Amazoy lawn provides you with Amazoy Zoysia plugs for other areas as you may desire.

## NEW LOW PRICE

**EVERY PLUG GUARANTEED TO GROW  
In Your Area • In Your Soil**

- **AMAZOY WON'T WINTER KILL**—has survived temperatures 30° below zero!
- **AMAZOY WON'T HEAT KILL**—when other grasses burn out, Amazoy remains green and lovely!

Every plug must grow within 45 days or we replace it free. Since we're hardly in business for the fun of it, you know we have to be sure of our product.

### PLUG AMAZOY INTO OLD LAWN, NEW GROUND OR NURSERY AREA

Just set Amazoy plugs into holes in ground like a cork in a bottle. Plant 1 foot apart, checkerboard style.

When planted in existing lawn areas plugs will spread to drive out old, unwanted growth, including weeds. Easy planting instructions with order.

### NO SOD, NO SEED

There's no seed that produces winter-hardy Meyer Z-52 Zoysia. Grass and sod or ordinary grass carries with it the same problems as seed—like weeds, diseases, frequent mowing, burning out, etc. That's why Amazoy comes in pre-cut plugs... your assurance of lawn success.

## FREE! UP TO 1000 PLUGS

Just for Ordering Now!

More than a HALF BILLION of our Zoysia plugs have been sold. Our Early Bird Bonus Plug Offer means clear savings to you. Order now—don't take another chance with lawn disappointment. And remember: If it isn't AMAZOY, you're not getting the plugs that made Zoysia famous.

## WORK LESS • WORRY LESS • SPEND LESS

Easy To Plant, Easy To Care For

- Perfect For Problem Areas
- Chokes Out Crabgrass

Your Established Amazoy Lawn...

Reduces Mowing 1/2

Resists Blight, Diseases, and Most Insects

- Stays Green Through Droughts
- Won't Winter Kill
- Laughs At Water Bans

## No Need to Rip Out Present Grass • Plug in Amazoy!

**FREE** PATENTED STEP-ON PLUGGER, AVAILABLE EXCLUSIVELY FROM AMAZOY. FREE WITH ORDERS OF 300 PLUGS OR MORE.

growth-producing 2-way plug that saves bending, time, work. Saves away competing growth at the time it digs holes for plugs. Suitable for transplanting. Light yet so light a woman can use it.

Just set Amazoy plugs into holes in ground like a cork in a bottle. (Plant 1 foot apart, checkerboard style.) Easy planting instructions with each order.

Order now for your Bonus Plugs Free, and earliest delivery at correct planting time in your area.

All orders sent shipping, handling charge collect, via most economical means.

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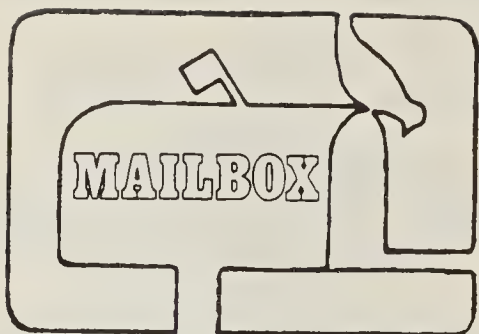
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### "My Thanks To You . . ."

My thanks to you, Liz Huskey and Bob Rufa for the excellent story on my gingerbread village. Few people realize the time and dedication one puts into such a project, but your article really did it justice.

Vickie Simmons  
West End

### "I Never Get Tired . . . Of Your Wonderful Magazine."

I just can't pass up another year's subscription for your wonderful magazine. I never get tired of it. I just read them over and over.

Evelyn M. Cahoon  
New Bern

### FDR Memorial Would "Desecrate" The Proposed Washington Site

Your Viewpoint commentary, "A Shameful Celebration," deplores the fact that the F.D.R. memorial planned in 1946 has not been built since it had been designed to be built on land set aside along the Tidal Basin's 'cherry walk.'

I have walked along that beautiful area and cannot imagine anything more horrible than to be confronted with sculptures of F.D.R., and some of his hypocritical quotations, desecrating the area between the Jefferson and Lincoln memorials. He was not worthy to be put in their classification of great presidents.

There is unquestionable evidence that he deceived and lied to the American people to get us into the war and also deliberately prevented critical information from reaching the commanders of the Pacific fleet in Pearl Harbor before the Japanese attack. He wrote his own epitaph when he called it "a day of infamy."

Since his so-called New Deal policies had not brought us out of the Depression the only solution seemed

to be a war. His son-in-law, who lived in the White House, said in his book, *F.D.R.—My Exploited Father-In-Law*, that not only was the 1929 crash deliberately planned but the recovery was postponed so that F.D.R. could get the credit for it.

When he became president, our national debt was only 21 billion dollars. At the end of the war it was 262 billion. His "New Deal" started us down the path to a socialist welfare state which has brought us to the critical condition of bankruptcy with a trillion dollar national debt.

The many acres of white crosses in military cemeteries on foreign soil and the Arizona Memorial in Pearl Harbor are the only "sculptures" we need to remind us of F.D.R. and his "role of a communicator."

Because he failed to communicate to the American people what he was promising to Stalin behind the scenes, that his "sphere of influence" would be Poland and all the Baltic nations plus half of Germany and part of Berlin, we are still confronted with a threat of war. The world is still paying for Yalta and Teheran, where Roosevelt was trying to play god. He was elected to a fourth term because the American people did not know they were voting for a senile sick man. It is time that the true history of his administration be told instead of perpetuating the "fireside chat" image which deceived the whole nation.

E.L. Van Velzer  
Rt. 1, Tryon

### Duke Power's Rate Hikes Must Be "Put To An End"

On the farm I won half of, we get dwelling house current from Crescent Electric Membership Corporation, Statesville, and at the poultry houses we get current from Duke Power Co. I am well aware of Duke's love of rate hikes. Since I have been on the scene at this farm in 1975, I have lost count of the endless increases in rates by that company, both to me as a direct customer, as well as indirectly to me as a customer of Crescent Electric.

I have written the Utilities Commission about Duke's love of rate hikes, but most of the time it does no good. I wish the co-ops and customers could band together to see if we could put an end to this endless rate-hiking by Duke.

Scott Rigby  
Rt. 2, Hiddenite

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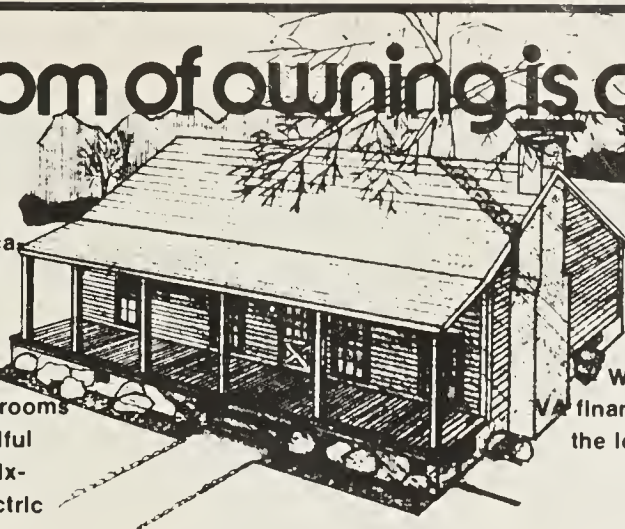
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baseboard heating and water heater are standard equipment. The choice of carpet, vinyl flooring and paint colors is yours. Options include fireplace, central air conditioning and carport with outside storage.

We can arrange conventional, FHA and VA financing. As your builder, we also pay all the loan closing costs. More good reasons to look into Freedom Family Homes.

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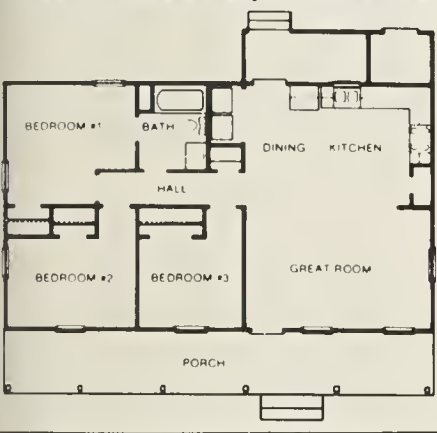
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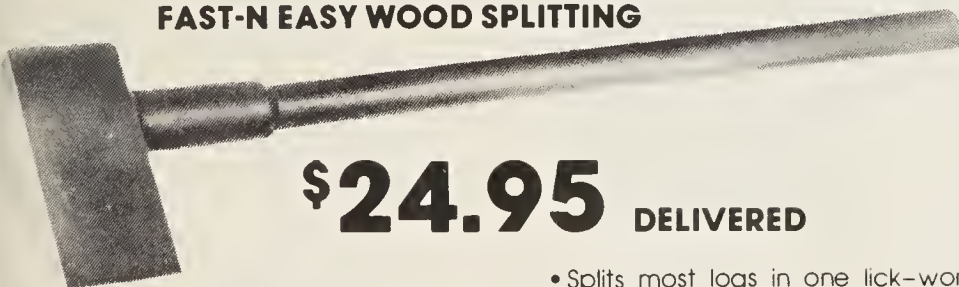
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# Congress Must Dismantle The "Trojan Horse" of Reaganomics

Robert D. Partridge, executive vice president of the National Rural Electric Cooperative Association (NRECA), has called upon consumer, labor and farm groups to work with Congress in ending the Reagan Administration's "trickle-down" policies, which are victimizing agriculture, small business and the disadvantaged throughout the nation."

In speaking to delegates to the Consumer Assembly in Washington, Partridge said "it is up to us to convince Congress to dismantle this economic Trojan Horse" that has placed some 70 percent of the budget cuts now in place on the backs of the poor.

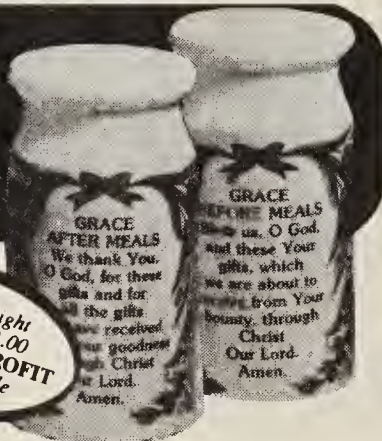
In the face of administration inaction, "inflation and high interest rates are pushing hundreds of thousands of farmers and small rural businesses over the financial precipice. . . we face the demise of the family farm and the simultaneous formation of an agricultural cartel which could potentially become a new version of OPEC—high priced and without competition," he added.

Partridge pointed out the impact of the Reagan Administration policies is crippling the rural electrification loan program, saying the successful efforts of rural electric consumers in rallying Congressional support in 1981 is convincing evidence that "damaging administration policy initiatives can be turned around."

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100	10 each	\$120	\$ 80
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**T**his beautiful Salt and Pepper Set adds grace and dignity to any table, and it can help your group raise the money it needs quickly and easily.

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**WHITE DOGWOOD (2-3 ft.)**  
Large, white, single blossoms are conspicuous early in spring. The foliage is attractive all summer, and the fall colors beautiful. Red berries hang on most of the winter. Use as a specimen, or in groups as a background for borders. Grows up to 30 feet high.

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A large growing, hardy tree reaching heights of 80 feet or more. Its bright yellow leaves in the fall have tulip-shaped flowers in the spring. Rapid grower.

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**PINK DOGWOOD (2 ft.)**  
A most valuable low growing and colorful tree for the lawn. Before the leaves appear, the tree is literally covered with rose-pink flowers suffused with bright red. Grows up to 20 feet high. A gorgeous spectacle.

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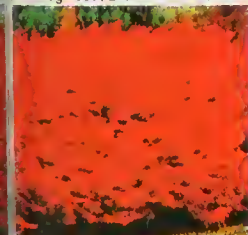
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Spiraea, 1-2 ft. 79 ea.  
Honeysuckle, Red, 1 ft. 79 ea.  
Willow, 3-5 ft. 1.95 ea.  
Flowering Quince, 1-2 ft. 95 ea.  
Lilac, Purple, 1-2 ft. 95 ea.  
Lilac, 1-2 ft. 1.25 ea.  
Wreath Spirea, 1-2 ft. 1.25 ea.  
Orange P.G., 1-2 ft. 79 ea.  
Orange, White, 1-2 ft. 79 ea.  
Shrub, 1-2 ft. 79 ea.  
Sharon, 1-2 ft. 79 ea.  
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Myrtle Bush, Purple, 1-2 ft. 1.25 ea.  
White, Purple, Red or Pnk. 99 ea.  
Abelia, 1/2-1 ft. 95 ea.

## EVERGREEN TREES—1-2 Years Old

Grandiflora, 1/2-1 ft. 1.45 ea.  
Pink, 4-5 ft. 1.95 ea.  
Can Red Bud, 4-5 ft. 1.95 ea.  
Flow, Dogwood, 3-5 ft. 8.95 ea.  
Hard Flowering Pear, 2 1/2-4 ft. 5.98 ea.  
Tree, 1-2 ft. 1.95 ea.  
Chain Tree, 3-4 ft. 2.95 ea.  
Rain Tree, 3-4 ft. 2.95 ea.  
Pink Flow, Cherry, 1 ft. 98 ea.  
Pink Flow, Cherry, 1 ft. 5.95 ea.  
Crab, Red, 3-5 ft. 2.98 ea.  
Gilia Soulangiana, 1-2 ft. 2.95 ea.  
Can Mt. Ash, 3-4 ft. 3.95 ea.  
Dogwood, 2 ft. 4.95 ea.



## BURNING BUSH

10 for 9.50  
17 95 50 for 37.95  
The leaves turn a brilliant mirror-crimson. A 4-5 ft. showpiece with corky bark. Hardy in sun or shade.

## NOTICE

Do not doubt about any of the plants listed in price list, growing in your area. Check with your County agent for

## SHADE TREES—1-2 Years Old

Green Ash, 4-5 ft. 1.95 ea.  
Golden Weeping Willow, 4-5 ft. 1.95 ea.  
Silver Maple, 4-6 ft. 1.98 ea.  
Green Weeping Willow, 4-5 ft. 1.98 ea.  
Ginkgo Tree, 1-2 ft. 1.45 ea.  
Pin Oak, 3-5 ft. 2.95 ea.  
Lombardy Poplar, 3-4 ft. 79 ea.  
Sycamore, 4-5 ft. 1.95 ea.  
Sweet Gum, 4-5 ft. 1.95 ea.  
White Birch, 4-6 ft. 2.95 ea.  
Crimson King Maple, 3-5 ft. 9.95 ea.  
Persimmon, 1-2 ft. 95 ea.  
Dawn Redwood, 1-2 ft. 2.95 ea.  
Jap. Red Leaf Maple, 1 ft. 2.95 ea.

## FRUIT TREES—1-2 Years Old

**PEACHES**, Varieties: Belle of Ga., Elberta, J. H. Hale, Hale Haven, Dixie Red, Golden Jubilee, 1-2 ft. 1.45 ea.  
2-3 ft. 2.45 ea.  
3-5 ft. 3.45 ea.  
**APPLES**, Varieties: Stayman, Winesap, Red Delicious, Early Harvest, Red Rome Beauty, Red Jonathan, Lodi, Grimes Golden, Yellow Trans., Yellow Del., Early McIntosh. 2-3 ft. 2.75 ea.  
3-5 ft. 3.95 ea.  
**CHERRIES**, Varieties: Montmorency, Black Tartarian, 2 1/2-4 ft. 4.49 ea.  
**PEARS**, Varieties: Kieffer, Orient, Bartlett. 2-3 ft. 3.45 ea. 3-5 ft. 4.95 ea.  
**APRICOTS**, Varieties: Moorpark, Early Golden, 1-2 ft. 1.45 ea. 2-3 ft. 2.45 ea. 3-5 ft. 3.45 ea.  
**NECTARINE**, 1-2 ft. 1.25 ea. 2-3 ft. 2.45 ea. 3-5 ft. 2.95 ea.  
**PLUMS**, Varieties: Damson, Red, June, Metley, Burbank, 1-2 ft. 1.25 ea. 2-3 ft. 2.45 ea. 3-5 ft. 3.45 ea.

## DWARF FRUIT TREES—2-3 Years Old

**DWARF PEACHES**, Varieties: Elberta, Red Haven, Belle of Ga., Golden Jubilee. 2 1/2-4 ft. 4.45 ea.

## DWARF FRUIT TREES CONT.

**DWARF APPLES**, Varieties: Red Delicious, Yellow Delicious, Winesap, Early McIntosh, Jonathan, Lodi, Yellow Transparent. 2 1/2-4 ft. 4.45 ea.

**DWARF CHERRIES**, Varieties: Montmorency or North Star. 2 1/2-4 ft. 5.95 ea.

**DWARF PEAR**, Varieties: Bartlett or Kieffer. 2 1/2-4 ft. 5.95 ea.

**DWARF PLUM**, Varieties: Burbank. 2 1/2-4 ft. 4.45 ea.

## VINES—1-2 Years Old



Grape Varieties: Concord, Niagara, Luttie, Fredonia, Delaware, Catawba. 1-2 ft. 1.25 ea. 2-3 ft. 1.95 ea.

Red Scarlet Honeysuckle, 1 ft. 1.25 ea.  
Wistaria, Purple, 1/2-1 ft. 1.25 ea.  
Bittersweet, 75 ea.

\* Clematis, White, 1/2-1 ft. 75 ea.  
Yellow Jasmine, 1/2-1 ft. 1.25 ea.

\* Vinca Minor Clumps, 25 ea.  
English Ivy, 4-8 inches, 35 ea.

Euonymus Coloratus, 1/2-1 ft. 29 ea.  
Ajuga Bronze Ground Cov., 1 yr. 35 ea.

## NUT TREES—1-2 Years Old

Hazel Nut, 2-3 ft. 3.45 ea.  
Butternut, 3-4 ft. 3.95 ea.  
Chinese Chestnut, 3-5 ft. 2.45 ea.  
Hardy Pecan Seedlings, 1-2 ft. 1.50 ea.  
Stuart Pecan, Papershell, 2-3 ft. 7.95 ea.  
Black Walnut, 2-3 ft. 2.45 ea.  
English Walnut, 2-3 ft. 7.95 ea.

## EVERGREENS—1-2 Years Old

\* American Holly, 1/2-1 ft. 65 ea.  
\* Rhododendron, 1/2-1 ft. 1.25 ea.  
Pfitzer, Juniper, 1/2-1 ft. 95 ea.  
Boxwood, 1/2-1 ft. 79 ea.  
Red Berry Pyracantha, 1 ft. 1.25 ea.  
Yellow Berry Pyracantha, 1 ft. 1.25 ea.  
Burlford Holly, 1/2-1 ft. 95 ea.  
Dwarf Burlford Holly, 1/2-1 ft. 95 ea.  
Wax Leaf Ligustrum, 1/2-1 ft. 45 ea.  
Colorado Blue Spruce, 1/2-1 ft. 75 ea.  
\* Mountain Laurel, 1/2-1 ft. 75 ea.  
\* Canadian Hemlock, 1-2 ft. 75 ea.  
Hetzl Holly, 1/2-1 ft. 79 ea.

Phatania Fraser—Red Tip 1/2-1 ft. 1.29 ea.

Andora Juniper, 1/2-1 ft. 95 ea.  
Jap. Yew, 1/2-1 ft. 1.25 ea.  
Baker Arborvitae, 1/2-1 ft. 95 ea.  
Globe Arborvitae, 1/2-1 ft. 95 ea.  
Gardenia, White, 1/2-1 ft. 95 ea.  
Camellia, Red, 4-8 inches, 95 ea.  
Norway Spruce, 1/2-1 ft. 75 ea.

Euonymus Manhattan, 1/2-1 ft. 39 ea.

\* White Pine, 1 ft. 75 ea.

Mugho Pine, 4-6 inches, 95 ea.

Scotch Pine, 1/2-1 ft. 75 ea.

Blue Rug Ground Cover 4-6 inches 1.25 ea.

Foster Holly, 1/2-1 ft. 1.25 ea.

## BERRY PLANTS, ETC.—1-2 Years Old

Blackberry, 1 ft. 69 ea.  
Black Raspberry, 1 ft. 99 ea.

Blueberries, Rancocas, Rubel, Berkley and Bluebury, 2 yr. 1 ft. 2.95 ea.  
Red Everbearing Raspberry, 1 ft. 99 ea.  
Dewberry, 1 ft. 99 ea.  
Boysenberry, 1 ft. 99 ea.  
Gooseberry, 2 yr. 1 ft. 1.50 ea.  
Figs, 1-2 ft. 1.95 ea.

## BULBS AND PERENNIALS—1-2 Years Old

4 Pampas Grass, White Plumes 2.50  
10 Hibiscus, Mallow Marvel 2.50  
10 Hollyhocks, Mixed Colors 2.95  
6 Cannas, Red, Pnk, Yellow 2.95  
10 Iris, Blue or Purple 2.50  
\* 10 Day Lilies, Roots, Orange Flow 2.50  
10 Crown Vetch 2.95  
10 Candytuft, White 2.95  
10 Babybreath, White 2.95  
10 Shasta Daisy, Alaska 2.95  
10 Lupines, Mixed Colors 2.95  
10 Sedum, Dragon Blood 2.95  
10 Fall Asters, Mixed Colors 2.95  
\* 10 Yucca, Candle of Heaven 2.95  
10 Mums, Mixed Colors 2.95  
4 Dahlias, Mixed Colors 2.95

## BERRIES, FRUITS, AND HEDGE—1-2 Years Old

10 Rhubarb, 1 yr. Roots 1.95  
20 Asparagus, 1 yr. Roots 2.25  
25 Strawberry, Blakemore or Tenn. Beauty 2.95  
25 Gem Everbearing Strawberry 2.95  
25 South Privet, 1-2 ft. 6.95  
25 North Privet, 1-2 ft. 6.95  
10 Multiflora Rose, 1-2 ft. 6.98

## NATIVE WILD FLOWERS—1-2 Years Old

Collected from the mountains.  
\* 6 Lady's Slipper, Pnk 2.50  
\* 8 Dutchman Breeches, White 2.50  
6 Jack in Pulpit, Purple 2.50  
\* 10 Trilliums, Mixed Colors 2.50  
\* 10 Blue Bells 2.50  
\* 10 Maiden Hair Fern 2.50  
\* 10 Christmas Fern 2.50  
\* 10 Cardinal Flowers, Red 2.50  
6 Dog Tooth Violets 2.95

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Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, Missouri, N. Mexico, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia and West Virginia.

**SPRING:** Jan. 15-April 30  
**FALL:** October 1-December 10

## ALL OTHER STATES

**SPRING:** March 1-May 15  
**FALL:** Sept. 25-Nov. 15

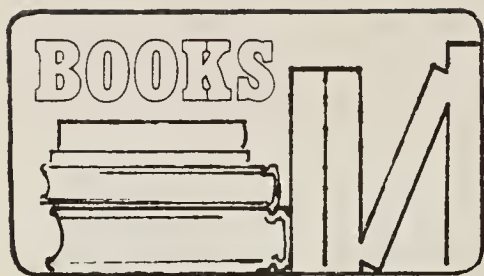
These are suggested dates by leading Nursery Associations. If these delivery dates are not acceptable to you please so instruct on the order form—Thank you very much for your cooperation. It is hard for us to give the exact date of delivery due to weather conditions in each state, however, every effort will be made to ship within the specified periods above.

Our plants are nursery grown from cuttings, seeds or budded stock unless otherwise stated. These have never been transplanted. Those marked with (\*) Asterisks means these are collected from the wild state. Plants are inspected by the Tennessee Department of Agriculture. This gives you a chance to buy at lower prices. You may order as many or as few plants as you wish. Send \$2.00 extra with order for postage and packing. **RUSH YOUR ORDER TODAY.**  
**TWO-WAY GUARANTEE:** We ship live plants packed well to reach you in perfect condition. However, sometimes a package gets lost and stays in transit a long time. In this case, in the Fall and Winter when plants are dormant you can scrape on the bark and tell whether the plants are alive or not. If the bark is green it is alive. We believe we have the best guarantee any mail order nursery could possibly offer. Here is our two-way guarantee. First guarantee—When you receive your order, if there are any plants in bad condition, you notify us immediately and we will replace absolutely **FREE**. Second guarantee—The reason we make this strong guarantee is because there is no reason any of the plants should die. However, if any fail to live within 12 months from the date of delivery, we will replace for one-half of the original purchase price, plus \$1.00 for postage and handling. No return of dead plants necessary. We guarantee our plants to be true to name and color. Anything that proves to be wrong color or variety, we will replace free.

## LEE'S NURSERY

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*Appalachian Mountains*: photography by Clyde H. Smith, text by Wilma Dykeman and Dykeman Stokely. Portland, Oregon: Graphic Arts Center Publishing Company. 160 pages, \$29.50.

A few years ago the Graphic Arts Center of Portland published an oversized picture book called *North Carolina*, which gathered together an absolutely dazzling portfolio of photographs by James Valentine. It's a pleasure to report that its successor, *Appalachian Mountains*, is even more satisfying.

Though some captions still lapse into purple prose which would have been better omitted, and the introduction again seems to stretch on too long, the text is better written and the photographs are sublime.

Smith knows his mountains, and on his northward climb up the Appalachian chain from Alabama, he gives us plenty of North Carolina and Virginia, as well as Pennsylvania and New England and even Canada.

And Smith doesn't just aim for the radiant horizon and shoot away. He documents the Blue Ridge and the Shenandoah and the Presidential Range, of course; but he also focuses on the glorious flora of the Appalachians—vaseyi, phcelia, tussock, dog hobble, galax, diapiensia—and the isolated fauna, bull moose or eagle or mountain farmer.

So if you're one of those highlanders who can't wait for the first mountain to rise up as you cross the Piedmont, *Appalachian Mountains* will be welcome company indeed.

—Michael Mc Fee

*With Their Ears Pricked Forward—Tales of Mules I've Known* by Joshua A. Lee. John F. Blair, Publisher. 138 pages. \$8.95.

Each year the folks in Benson do their bit to honor North Carolina's most dependable source of farm

horsepower in the years prior to World War II when they stage their famous "Mule Days."

They've gotten some substantial support from Joshua Lee of Raleigh with this fine book.

Those of us who can remember what it was like when mules were an important factor in producing our daily cornbread, collards and side meat knew that this big-eared hybrid was not a particularly lovable critter.

If you didn't watch out you could get kicked (back legs), tromped on (front feet) or bitten (big old yellow teeth). Despite all this, Joshua Lee loves mules and it shows on every page of this engaging little volume.

With his continuing affection for mules comes a rare understanding of the "animule," as some wits once put it. His father, Carson Lee, raised young Josh to know about mules.

He knows that boss mules were invariably mares, with the males (or horse mules) in a secondary role. And while he lauds the work habits of the typical mule, which was harder working, steadier and more dependable than a horse of equal size, he also gives fair warning about the bad temper that sometimes shows up in the best of mules.

His own daddy plays the gladiator's



role in a fight to get Mary—a strong mare mule—to work in harness. When Daddy got the bridle and was to hitch her to a plow, Mary charged him out of the fenced lot, kicked three planks off the gate with a blow originally aimed at his head. Undaunted, he came back with a three-tined pitchfork, just as some of the Roman gladiators fought with tridents.

When Mary came after him snorting and kicking, he jabbed her hind end with the pitchfork. Once. Twice. Several more times. Then Mary, only slightly injured, saw the light—and almost slipped her head into the harness.

The author does full justice to his leather-skinned friends. He tells of good team mules that worked together in double harness. He tells of the prodigious loads some could handle, such as snaking big tree trunks out of the woods. He even tells of Jayrack, a mule who so loved Uncle Alec Zeigler that when he succumbed she soon pined away and died herself.

One characteristic is covered more by inference than by direct statement. Mulishness is a longtime synonym for stubbornness. In fact, North Carolina Congressman Robert L. Doughton, a longtime ruler of the House Ways and Means Committee, gloried in the nickname of "Muley Bob."

When you get into this book, you will find some delightful reading.

—Frank Je

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# Leaf Farmers Warned To Be Cautious In Switching To Other Crops

Nervous tobacco farmers should act carefully before they switch to fruits and vegetables as alternate sources of income.

This is the advice of Dr. Douglas Sanders, a vegetable specialist, and Dr. Barclay Poling, a fruit specialist, for the North Carolina Agricultural Extension Service.

Critics of the present tobacco program of production quotas and price supports often say that tobacco farmers have other choices. They can grow strawberries, peppers or other horticultural crops and earn as much per acre as they do with tobacco.

"This can be misleading information," commented Poling. "It could cause farmers to get hurt badly."

The two extension specialists are optimistic about the long-range potential of horticultural crops in North Carolina. What they fear is the

sudden shift to these crops, especially by farmers who have little or no experience with them.

"A 10 percent increase in the production of any crop in one year will generally result in disastrous prices for farmers," Sanders said. "A recent example is cabbage. Production increased in 1981 and farmers couldn't give them away."

Not many acres would be needed to boost the production of some horticultural crops by 10 percent. North Carolina produces nearly 30 fruits and vegetables on a commercial basis, and is a national leader in some of them. Yet the combined acreage of all these crops is far less than the state's 350,000-acre tobacco crop.

"Find a market first" is the advice Sanders offers to tobacco farmers who contact him about growing vegetables. He urges them to contact brokers, small food chains, processors or other possible outlets.

"If you can't sell it, you'll smell it," he warns the farmers.

Once a farmer finds his market, he can get help from his county extension office on recommended varieties and production practices.

Poling pointed out that 95 percent of fresh, locally-grown strawberries in North Carolina are sold by pick-your-

own type marketing. Unfortunately, some areas have become so saturated with these types of operations, that growers have plowed under their strawberry beds because of poor prices.

"Some Piedmont counties are now producing up to 30 pints of strawberries per capita," Poling continued. "Other counties are producing less than one pint (National per capita consumption is 1.7 pints). Naturally, a farmer in a low production county would have more potential than one in a high production county. Identification of market potential for the pick-your-own strawberry operation is one of the most critical factors to its long run success."

"This means that you'll have to 'steal' your market by offering better quality, lower prices or some other advantage," Sanders said.

The two specialists also urge new fruit and vegetable growers to start small until they have gained experience. "If a grower is unsure of the market possibilities, and has had limited experience growing strawberries, it is best to start with an acre or less," Poling said. "Small, well-cared for strawberry plantings are more profitable than large unkept plantings."

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- **Guarantee:** 1-year trial after 10 years against failure.
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Kit converts a 55 gallon drum (not supplied) into a high capacity wood burner. Features large 11 3/4" square door opening, cam-lock door catch, and spark-proof design. Patented internal draft channel, draft control, and airtight design allow controlled, efficient heat, while limiting metal temperatures of barrel, to prevent burnup.

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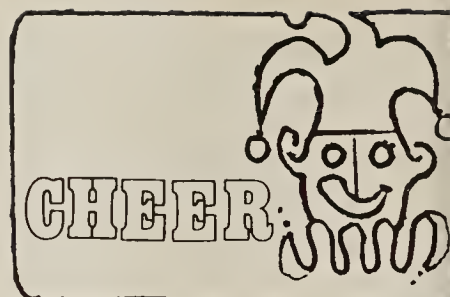
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Joint Land Bank  
and  
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Internal Revenue Service auditor  
"We have some questions about  
your tax return, Mr. Jones."

Jones: "Like what?"

Auditor: "Well, let's begin with  
where you claim depreciation on  
your wife."

.....

A salesman walked up to the front  
desk to register for a room in a  
hotel. As he picked up the pen, a  
bedbug crawled across the desk.

"I've stayed in lots of motels," the  
salesman said to the clerk, "and I've  
been bitten by some pretty smart  
bedbugs. But this is the first time  
one ever came down to see what  
room I was getting."

.....

Moonlighting is having two jobs  
you can afford the gas to go from  
one to the other.

.....

In a kindergarten class, several  
flags were shown.

"What flag is this?" asked the  
teacher.

"That is the flag of my country,"  
answered a bright youngster.

"And what is the name of your  
country?"

"Tis of thee," replied the bright  
one.

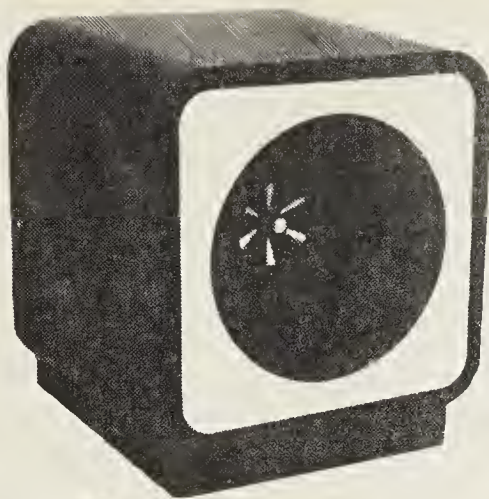
.....

A man had ridden three miles in  
taxi when he suddenly realized he  
had left his wallet at home. He  
leaned forward and told the driver:  
"Stop at the drugstore for a minute.  
I want to get some matches so I can  
look for a \$20 bill I've lost back  
here." When he came out of the  
drugstore, the taxi had disappeared.

.....

Sign on the basketball coach's  
office: This office is closed, but if  
you can see over the transom, come  
in.





*SCRAM™ is small and unobtrusive--rugged, hi-impact case has black finish with brushed silver face. Measures only 3-1/2" x 4" x 3-1/2". Weighs about a pound.*

# Clear Your Home of Mice, Rats, Roaches and Other Pests--and Keep Them Out!

**SCRAM™ is a home-size version of the commercial pest control device that's safe for people, pets and the ecology. Try it in your home for 30 days.**

They don't call them pests for nothing. The bugs and rodents of this world can make life miserable. Traps, sprays and poisons seem to have little effect...and professional exterminators don't come cheap. But now you can eliminate troublesome pests and keep them out thanks to new ultrasonic SCRAM™.

The electronic SCRAM™ unit doesn't kill rodents or insects--it repels them. Early laboratory research showed that ultrasound was effective in modifying the behavior of mice and rats.

As commercial exterminators began using ultrasonic sound to control rodents, other studies indicated that certain frequencies affected the behavior of insects, too. Now, professional pest control companies acknowledge the usefulness of ultrasonics in controlling certain rodents and insects.

## UNIVERSITY TESTED

The heart of this new, electronic marvel is a special quartz crystal speaker. It enables SCRAM™ to emit ultrasonic sounds that only pests can hear.

These ultrasonic frequencies "attack" the auditory and nervous systems of rodents and certain insects causing pain and discomfort. The pests are forced to abandon the covered area and will not return while you continue to use SCRAM™.

A leading university tested SCRAM™ as absolutely safe for humans and pets. And since there are no poisonous chemicals, the

**SCRAM™ is effective in repelling:**

Mice	Rats
Roaches	Carpenter Ants
Crickets	Silver Fish
Water Bugs	Locusts
Fleas	...and many other pests

*Note: In spite of some claims, studies show that ultrasound is not effective in controlling cats or spiders.*

ecology is not harmed in the slightest.

The ultrasonic output is above the hearing range of humans and household pets, so SCRAM™ is safe for use anywhere. It will not interfere with any electronic burglar alarms, fire or smoke detector, TV reception or other electronic equipment.

## SET UP A BARRIER TO KEEP PESTS OUT THIS WINTER.

When you get your SCRAM™ you'll begin to notice some results in a few days. In two to six weeks your infestation will be eliminated. Then continual operation of your unit will prevent further nesting and inhabitations.

Even with colder weather approaching, you can keep pests from coming indoors as long as your SCRAM™ is in operation.

## JUST PLUG IT IN.

There's no installation with SCRAM™. All you do is plug it into any 110-Volt AC outlet. The solid-state electronics and quartz crystal speaker require only 5 watts of power--just pennies per month--and it's maintenance free.

Put SCRAM™ anywhere: home, apartment, store, warehouse, or factory. It's the perfect answer for facilities where food is stored or handled such as schools, hospitals, and nursing homes.

It will repel pests from areas that are difficult to seal-off such as garages, farm out-buildings, boats and vacation homes. One unit protects an area up to 2500 cubic feet.

## YOU CAN'T BUY BETTER PEST PROTECTION.

SCRAM™ is state-of-the-art technology. Until now, commercial units used by professional pest control companies cost up to \$200--but lower cost solid-state components allow SCRAM™ to give you the same pest

repelling power for only \$49.95 (plus \$2.85 shipping and handling). Now there's no need to empty messy traps or buy poisonous chemicals again and again.

## TRY IT FOR 30 DAYS WITHOUT RISK.

We urge you to try the SCRAM™ unit for 30 days. If you don't see proof that it is the most advanced, efficient pest eliminator available today, return it for a complete, no-quibble refund--including return postage. You are protected by a one-year manufacturer's warranty as well as Shelburne's 26-year reputation for satisfied customers.

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## Secrets of Longevity

What qualities do Americans who've passed their 100th birthday claim that may have enabled them to outlast most of their contemporaries?

Answers to this question were sought in a recent survey of 1,000 centenarians across the country, under the sponsorship of a California-based organization known as the Committee for An Extended Lifespan.

The survey revealed five basic patterns of longevity, according to a summary prepared by the committee:

- Most of those surveyed "do nothing to excess," with some totally abstaining from drinking and smoking. Others indulge only in moderation. The tobacco users indulge in cigars, pipes or chewing and the few who smoke cigarettes do not inhale. Most eat only three meals a day—and few are fat. They aren't given to binges of any kind.

- One of the most-mentioned habits is early rising, which usually involves early retiring as well.

- A high proportion of centenarians are devout believers, leading a spiritual life and accepting all experiences as God's will.

- A large percentage attributed their long survival to hard work or "keeping busy." Few are dreamers and loungers. Many are self-employed, which means they are protected from the stresses of dealing with a boss.

- They are self-sufficient as much as possible, often using phrases like "taking care of myself" and "never letting anything bother me."

The report also quoted some of the responses to the question, "Why do you think you have been able to live so long?"

Esther Anderson of Millburn, N.J.: "Moderation in all things. . . You must accept things in life as they come along and try to rise above most of them."

George Allen of Muskogee, Okla.: "I tried to behave. . . never drank and smoked very little. . . never hunted up bad company. . . tried to be decent."

Susannah Edrington of Arcadia, Ind.: "The important thing is to be happy and have some sayings which I remember, use and live by.

"Sing instead of growl, smile instead of frown, look up instead of down.

"A sigh adds a nail to your coffin, no doubt. A chuckle, however merry, draws one out.

"You've heard that an apple a day keeps the doctor away, well, I say that if you keep your feet warm and your head cool, you can laugh at the 'doctor's rule'."

The survey report was accompanied by a copy of the committee's monthly newsletter, which carried an item about a 121-year-old Oakland, Calif., man.

Arthur Reed said he's survived so long because "they made me out of good dirt" and "took the time and made me good."

Reed, who retired only five years ago, has been married three times, outlasting all of his wives. Now he's looking for a fourth!

"But I don't want no old woman—not over 35," he said. "What could a woman 120 do?"

## But How Did They Spend Those Years?

In reading through the findings of the centenarians' survey, I couldn't help wondering how well these "golden agers" may have used their extended life spans.

Did Esther Anderson, for example, use her lifestyle of moderation to help her set goals along the way, charting an appropriate course through the years in order to achieve them? Or did her allegiance to moderation become a mental straitjacket that has now left her full of frustration over a misspent life?

Mr. Reed has survived six score years—enough for two normal lifetimes—but can he look back over his life with a full measure of satisfaction that he accomplished most of what he set out to do with his time on earth? Or did he drift along through his youth, waking up

on his 40th—or 50th—birthday to decide that it was too late even to try for whatever brass rings he held most dear?

If that was not the case, perhaps he took inspiration from some notable examples in history:

Benjamin Franklin was in his 80s when he was putting the finishing touches on America's independence; John Milton wrote *Paradise Lost* at age 60; Michelangelo was 88 when he painted some of his greatest masterpieces; George Washington was 57 when he became the first president of the U.S. and Napoleon was the same age when he became Emperor of France.

In all of these examples, of course, the ages mentioned put these men in the "golden ages" of their eras. But none of them took to their rocking chairs to while away sunset years.

Most of us need to be reminded of such examples from time to time. If they can help us adopt a new liveliness of spirit about life—even briefly—perhaps we'll count fewer frustrations and unfulfilled ambitions as we later reflect on how we've spent our years.

## Echoing Themes

After putting together last month's item about the uniqueness of each hour we experience, I ran across a quote from Ralph Waldo Emerson which perfectly addresses the point I tried to make.

Looking at it now, I see that it also echoes the themes we've dealt with here, and might be a fitting addition to Susannah Edrington's collection of inspirational comments:

"Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunder and absurdities, no doubt, crept in. Forget them as soon as you can, tomorrow is a new day; begin well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear with its hopes and invitations, to waste a moment on the yesterdays.

—Owen Bish



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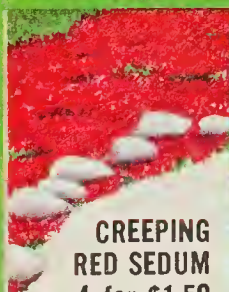
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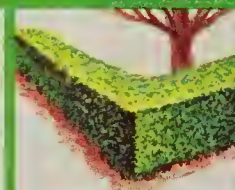
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